



COOL CENTERS



Cool Centers are public facilities that are open to the community for the purpose of seeking temporary relief from excessive heat.

The City of Riverside coordinates Cool Centers to provide drop-in sites for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat. Cool Centers are made available to the public when an "Excessive Heat Warning" is issued by the National Weather Service for our area. Residents are encouraged to observe safe summer activities during the warm summer months and to listen or watch for "Excessive Heat Warnings" on radio, television, and local newspaper.

Effective 06/26/13

SENIOR CENTERS

<u>Janet Goeske Senior Center</u> 5257 Sierra Street Tel: 951.351.8800 Monday-Friday 7:00am - 9:00pm Saturday 7:30am - 4:30pm Sunday 1:00pm - 5:00pm "Seniors Only"	<u>Dales Senior Center</u> 3936 Chestnut Street Tel: 951.826.5303 Monday-Friday 9:00am - 6:00pm Saturday-Sunday Closed "Seniors Only"	<u>La Sierra Senior Center</u> La Sierra Park 5215 La Sierra Avenue Tel: 951.351.6435 Monday-Friday 9:00am - 6:00pm Saturday-Sunday Closed "Seniors Only"
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COMMUNITY CENTERS

<u>Solander Community Center</u> Bryant Park 7950 Philbin Street Tel: 951.351.6135 Monday- Friday 9:00am - 5:00pm	<u>Cesar Chavez Community Center</u> Bobby Bonds Park 2060 University Avenue Tel: 951.826.5746 Monday-Thursday 8:00am - 9:00pm Friday 9:00am - 6:00pm	<u>Joyce Jackson Community Center</u> Nichols Park 5505 Dewey Avenue Tel: 951.351.6130 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm
<u>La Sierra Community Center</u> La Sierra Park 5215 La Sierra Avenue Tel: 951.351.6131 Monday- Friday 9:00am - 6:00pm	<u>Orange Terrace Community Center</u> 20010 Orange Terrace Parkway Tel: 951.571-0285 Monday-Thursday 9:00am - 9:00pm Friday 9:00am - 6:00pm	<u>Renk Community Center</u> Hunt Park 4015 Jackson Street Tel: 951-351-6132 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm
<u>Ruth Lewis Community Center</u> Reid Park 701 N. Orange Street Tel: 951.826.5654 Monday-Thursday 10:00am - 9:00pm Friday 3:00pm - 6:00pm	<u>Stratton Community Center</u> Bordwell Park 2008 Martin Luther King Tel: 951.826.5355 Monday-Thursday 9:00am - 9:00pm Friday 3:00pm - 6:00pm	<u>Ysmael Villegas Community Center</u> Villegas Park 3091 Esperanza St. Tel: 951.351.6142 Monday-Thursday 9:00am - 9:00pm Friday 3:00pm - 6:00pm

LIBRARIES

<u>Arlington Library</u> 9556 Magnolia Avenue Tel: 951.689-6612 Monday-Thursday 11:00 - 7:00pm Friday-Saturday 10:00am - 6:00pm	<u>Arlanza Library</u> 8267 Philbin Avenue Tel: 951.689-0389 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm	<u>Casa Blanca Library</u> 2985 Madison Street Tel: 951.826.2120 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm
<u>Eastside Library</u> 4033-C Chicago Avenue Tel: 951.684.8347 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm	<u>La Sierra Library</u> 4600 La Sierra Avenue Tel: 951.688.7740 Monday-Thursday 11:00am-7:00pm Friday-Saturday 10:00am - 6:00pm Sunday 12:00pm - 5:00pm	<u>Main Library</u> 3581 Mission Inn Avenue Tel: 951.826.5201 Monday-Wednesday 11:00am - 7:00pm Thursday 11:00am - 9:00pm Friday-Saturday 10:00am - 6:00pm Sunday 12:00pm - 5:00pm

<u>Marcy Library</u> 6927 Magnolia Avenue Tel: 951.826-2078 Monday-Saturday 10:00 - 6:00pm	<u>Orange Terrace Library</u> 20010-B Orange Terrace Parkway Tel: 951.571.0281 Monday-Thursday 11:00 - 7:00pm Friday-Saturday 10:00am - 6:00pm	
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An **EXCESSIVE HEAT WARNING** is issued when the heat index or real feel temperature is expected to reach 110 degrees or more in our area.

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Sources of Weather Information:

<http://www.wrh.noaa.gov/sqx/>

<http://www.wunderground.com/US/CA/Riverside.html>

<http://www.weather.com/weather/newscenter/alerts/nswxcategory/CA>

1-858-675-8700 (recorded weather information)

Sources of Heat Safety Information:

<http://www.nws.noaa.gov/om/heat/index.shtml>

<http://www.cdc.gov/niosh/topics/heatstress/>

<http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

Extreme Heat Quick Tips:

Drink plenty of fluids (nonalcoholic)

Avoid liquids that contain alcohol or large amounts of sugar

Stay indoors and, if at all possible, stay in an air-conditioned place

Wear lightweight, light-colored, loose-fitting clothing

Limit your outdoor activity to morning and evening hours

Rest often and in shady areas

Wear a wide-brimmed hat

Check on adults who are at risk at least twice a day

NEVER leave anyone in a closed, parked vehicle

County Cool Centers: The County of Riverside offers Cool Centers throughout the County. To locate a County Cool Center, visit: <http://www.rivcohealthdata.org/coolcenter/>

City of Riverside Fire Department
Office of Emergency Management
951.320.8100

<http://www.ReadyRiverside.com>